

COUNTRY HEALTH CLINIC

CARING NATURALLY, ONE PERSON AT A TIME

O₃ Restore

O₃ Restore is a term used for Ozone/Vitamin injections with diagnostic and treatment protocols.

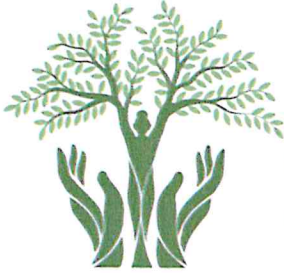
The first recorded use of ozone generators were in 1857. In 1880 Dr. John Kellogg used ozone in steam saunas for therapeutic purposes. In 1898, the Institute for Oxygen Therapy Healing started in Berlin by Thaukauf and Luth experimented with ozone injection. In 1929, *Ozone and its Therapeutic Action* was published in the U.S. listing 114 diseases and how to treat them with ozone. Its 40 authors were heads of leading American hospitals. In 1987, Dr. Siegfried Rilling and Dr. Viebahn published *The use of Ozone in Medicine*, now the standard medical text on ozone application.

In 1980, a German University published a study called *Adverse Effects of Ozone Oxygen Therapy*. Over 1000 therapist were interviewed that had treated more than 5,000,000 patients. 90% of the treatments were found effective. Ozone was found to have one of the lowest levels of side effects of ANY medical treatments. The results were reviewed and endorsed by the German Society of Pathologists.

O₃ Restore is a form of non-surgical ligament and joint reconstruction. O₃ Restore combines vitamin injection with ozone followed by a range of motion stretch, passive and active. It has been documented as often being a permanent treatment for many kinds of chronic pain. O₃ Restore causes a proliferation that stimulates regeneration and rebuilding of new ligament and cartilage tissue in areas where they have become damaged, weak, torn, broken or degenerated. Ozone injections along with the vitamin solution will increase the blood supply and flow of nutrients and more importantly, will stimulate the deposition and activity of fibroblasts, chondroblasts and osteoblasts. These cells synthesize the collagen, cartilage and bone that the body uses to repair damaged ligaments, joints and bone. This increase in cellular repair activity strengthens and tightens the injured tissue, thereby stabilizing the area and removing the cause of pain.

Ozone is a naturally occurring, highly reactive molecule consisting of three atoms of oxygen. Because it is so reactive, it is able to stimulate the cellular repair activity to an almost unbelievable extent. The high level of reactivity combined with innate safety of oxygen, makes ozone the ideal therapeutic molecule.

The response to treatment varies from individual to individual and depends on one's healing ability and level of injury. Some people may only require one or two treatments while others may require more.



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WHAT TO EXPECT AFTER YOUR OZONE (O₃) INJECTION

Following the first injection, you may have a full sensation feeling with some sloshy noises in the joint for the first 45 minutes to an hour. It is important to keep some motion in the joint for the first hour without any excessive stress on the joint.

Ice should be used for 15 minutes two to three times a day for the first 48 hours, depending on the amount of soreness. Do not use over the counter non-steroidal anti-inflammatory drugs like ibuprofen, aspirin or motrin for the next 48 hours, as this will counter-act the healing the inflammation will promote.

Calcium and Magnesium are important to take during the injection process.

Most people within the first five (5) days may experience some level of stability having between a 20-80% reduction of pain in the joint with improved range of motion. Over the first week, some of the pain may come back in the joint. We usually follow up with the second injection within seven (7) to ten (10) days. A third injection may be needed in about 30 days. This will vary by severity and acuteness of the condition.

It is important to start some directed exercises to improve the muscle tone. The affected joint generally has experienced a loss in range of motion that will be increased after the injection. Appropriate exercise is crucial to develop long term stability in the joint.

Subsequent injections may occur from three weeks to several months. As any other condition that is healing, improper exercise and over-doing



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Oxygen utilization lies at the heart of good health. When Oxygen utilization becomes reduced, compromised, or impaired through the process of vasoconstriction, injury, inflammation, aging or illness; chronic disease develops and aging advanced.



The LiveO2:

- Highly oxygenates the body
- Increases brain function
- Improves Immune system response
- Oxygen deteriorates free radicals in the body
- Maximizes aerobic capacity
- Improves vasodilatation which helps circulation

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